

Vegetarian Society of El Paso

From The Prez

In the fall, it seems that the special days all center on food – especially Thanksgiving. Why only give thanks one day a year? This fall we can give our thanks by choosing a diet that is compassionate and lightens our footprint on Earth.

Why not invite your non-vegetarian friends and family to our September dinner? We will have a vegan Mexican buffet at La Terraza restaurant along with a presentation by our own vegan physician, Dr. Jim Gibson. Jim will give a presentation followed by a Q & A, so bring your dietary- and health-related questions. This is a great opportunity to educate yourself and guests on all of the health benefits of a plant-based diet.

World Vegetarian Month is held each October. VSEP will host a Restaurant Hopper at Dragonfly Sushi and Wine Bar. The chef will prepare a special vegan menu for us – you don't want to miss this special treat! - Another opportunity to enjoy great food, friends, and a wonderful meal that does no harm to animals.

November brings our signature Compassionate Thanksgiving Dinner. This year we will hold our dinner at the beautiful Summit Ballroom and Conference Center and have a “traditional” vegan Thanksgiving meal including seitan en crouete, garlic mashed potatoes, and pumpkin pie for dessert. We will also have a vegan bake sale at the event so you can stock up on goodies for the office parties, friends dropping by, or just to enjoy yourself!

And be sure to save the date:

– December 5th. We will have a holiday potluck hosted by our founder Sukie Sargent and her husband Richard.

- Happy Hippy Holiday at Hal Marcus Gallery. We will have an educational booth and sale vegan gourmet granola and other treats.

And speaking of giving thanks, - thanks to all of you! We rely on you, our members, to help keep VSEP vibrant by planning, organizing and participating in all of our events. If you have an idea you would like to share for increasing our impact, please come and share your vision at our monthly Board meetings.

Here's to having a wonderful, compassionate and thankful fall!

Hope to see you soon,

Liz Walsh



VSEP BOARD MEETINGS

September 28 @ Eloise (255 Shadow Mountain),

October 19 & November 30 @ Location to be announced

Social time at 6:00 p.m. Meeting at 7:00 p.m.

All VSEP members who wish to attend the board meetings are very welcome. Come discuss issues and help plan VSEP's future. Fresh ideas and perspectives are always appreciated - we want to keep our organization healthy, vital and relevant to the needs of our members. If you are planning to attend, please let Liz Walsh know @ 915-342-7630 or e-mail her at ewalsh@utep.edu. If the meeting is changed or cancelled, you will be notified.

VEG NEWS ITEMS

2016 VSEP Elections!

Elections will be held this fall for VSEP officers. Ballots will be sent out during late Oct/early Nov and voting will be held in mid November. Voting is limited to members in good standing who are vegetarian or vegan according to VSEP By-Laws. If you are interested in running for office, please contact Liz Walsh at vegsocietyep@gmail.com.

El Paso's True Food Buying Club

This membership-based community supports the growth and vitality of our local organic farms. Membership is free and gives you access to boxes full of fresh, organically-grown fruits and vegetables from area growers with the option of adding Belle Sucre Bakery bread to your order. By purchasing True Food boxes, you support sustainable and healthy farming. Three pickup locations are available at east, west, and downtown businesses. For more info, visit www.elpasotruefood.com

New Vegetarian & Vegan Options in the 915

- ◆ Dark Horse Tavern, located in downtown's Union Plaza has a few vegan options, including vegan sopes.
- ◆ Taco Tote introduced a mushroom veggie taco that seems to be vegan if ordered on corn tortillas.
- ◆ Hot Joe's Food Truck has a veggie dog. [Facebook.com/hotjoes](https://www.facebook.com/hotjoes)
- ◆ Ice Creamed myself offered a vegan ice cream option during the summer at the Punk Rock Flea Market. [Facebook.com/icecreamedmyself](https://www.facebook.com/icecreamedmyself)
- ◆ Chuy's Tex Mex is open! The Austin-based chain has plenty of vegetarian options & can easily make vegan accommodations. Both charro & refried beans are already vegan!

Amazon Smile Donates to VSEP

VSEP is participating in the Amazon Smile program! If you shop online at Amazon, 0.5% of your eligible purchases will be donated to VSEP. All you have to do is visit smile.amazon.com and start shopping!

Contact Information

Email Address:
VegSocietyEP@gmail.com

Mailing Addresses:
4903 Love Rd.
El Paso, TX 79922

For membership
& renewals:
6757 Gato Rd.
El Paso, TX 79932
915-877-3030

amazon.com
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You shop. Amazon gives.



Last Chance to Use Your Albertsons Community Key Tag!

Please use your Albertsons Community Partners card when shopping at Albertsons this Fall and help support VSEP. Albertsons has merged with Safeway and will discontinue the Community Partners Program as of December 31, 2015. Because they know that many groups, including VSEP, rely on these returns, they have committed to double the amount of rewards earned in the last two quarters of this year. We have one quarter, this Fall, to maximize the amount of funding we receive. Albertson's carries a variety of vegan-friendly products (Gardein, Soyrizo, limited selection of Tofurky products, etc). So time to break out your reusable shopping bags and stock up for the Fall holiday season!

Board Positions currently held by:

- President: Liz Walsh
- First Vice President: Greg Lawson
- Interim Second Vice President: Hal Marcus
- Interim Secretary: Patricia Medici
- Treasurer: Sukie Sargent

Up for election:

- Second Vice President: Hal Marcus
- Secretary: Patricia Medici

In addition we have many volunteer leadership positions that are open. Let us know if you are interested in pursuing one of these opportunities. You can also check out the leadership positions needing to be filled at www.vsep.org.

Vacant Committee Chairs

- Assistant Treasurer for Book Sales
- Bulk Mail Manager
- Dinner Coordinator
- Dinner Reservations
- Dining Guide Coordinator
- Fundraising
- Fundraising at Events
- Historian
- Lone Star Vegetarian Network Liaison: Lisa Martinez – bettyfemme@gmail.com
- Membership Drive
- Phone Calls
- Photographer
- Publicity
- Restaurant Hoppers

SATURDAY, SEPTEMBER 19

Dr. Jim Gibson & Vegan Mexican Buffet

La Terraza Mexican Restaurant 11250 Montwood Dr.,
915-593-6400

- 6 pm meet and greet, eat at 6:30 pm
- Cost: \$18 members & students w/ID; \$20 nonmembers; \$10 children under 12 years of age.
- Paid reservations are due Tuesday, September 15.
- Reserve your space & pay online with a credit card or PayPal www.vsep.org OR email vsoep@aol.com OR call 915-877-3030. Make check or money orders payable to VSEP & mail to: VSEP, 6757 Gato Rd., El Paso, TX 79932



SATURDAY, OCTOBER 17

Restaurant Hopper @ Dragonfly Wine & Sushi Bistro

5500 Doniphan Dr., 915-478-6667 (Price: \$11-30)

- 6 p.m. meet and greet, order dinner at 6:30 pm
- Reservations: Please call or text Liz Walsh at 342-7630 or email vsep.reserve@gmail.com
- Deadline: no later than 5:30 p.m. on Friday, October 16th. *If you have reserved & cannot make it, please call the coordinator no later than noon on the day of the Hopper so they can inform the restaurant.
- Please refer to the guidelines on page 6 of this newsletter.

SATURDAY, OCTOBER 10

Downtown Art & Farmers Market

Union Plaza at San Antonio & Anthony Streets

- 9 am-1 pm
- VSEP will have an information table at this ever-growing, weekly local market.
- Please visit us or contact us if you would like to volunteer to man this table.

OCTOBER 18 - NOVEMBER 1

3rd Annual Best Vegetarian Food of El Paso Awards

- VSEP & EP Veg Snob (epvegsnob.wordpress.com) are proud to announce the 3rd annual Best Vegetarian Food of El Paso awards!
- Voting is open to everyone, but please only vote once. The voting site will open from October 18-November 1.
- If you don't see your favorites on the ballot, write in a nominee.
- Category winners will be revealed on November 8 (venue to be announced) & at the Compassionate Thanksgiving Dinner on November 14.





The 2015 Best Vegetarian Food of El Paso Nominees!

Don't see your favorites? You'll be able to write them in on the online form!

Best Tacos

- The Organic Taco Machine
- The Groovy Smoothie
- Tacoholics
- Riviera
- Leo's
- Green Ingredient
- Malolam
- Taco Tote

Best Nachos

- Riviera
- Carlos & Mickey's
- The Greenery
- Hello Day Cafe (vegan queso available)
- Lucy's
- Angry Owl

Best Mexican Food Overall

- Carlos & Mickey's
- Leo's
- The Riviera
- The Greenery
- Lucy's
- Casa Jurado
- Cafe Mayapan

Best Pizza

- The Pizza Joint (vegan cheese)
- Unruli's
- Ardovino's
- Hello Pizza
- Cafe Italia
- Tosca
- Nona's
- Artisan Pizzeria
- Sparrow's
- Cicalas
- House of Pizza
- Cielo Vista Natural Market (vegan cheese)

Best Appetizer

- Eloise
- Singapore Café
- The Green Ingredient
- The Hoppy Monk
- Ripe
- Hello Day Cafe
- Carlos & Mickey's
- Steve-o's
- Sabertooth
- Joe, Vinny, & Bronson's

Best Veggie Burger

- The Hoppy Monk
- Ripe
- Steve-o's
- The Green Ingredient
- Hello Day Cafe
- Crave
- CocoMiel
- Tutu's Burger & Handwash
- Independent Burger
- Magic Bistro
- The Riviera
- Joe, Vinny, & Bronson's
- Angry Owl

Best Sandwich

- Ripe
- Crave
- Eloise
- The Greenery
- Tosca
- Tom's
- Magic Bistro
- D'Lox
- Healthy Bite
- Papa Pita
- Craft & Social
- Pho Tre Bien Express
- The Green Ingredient
- Sabertooth
- Nolita Corner Bistro
- The Kitchen at 150 Sunset

Best Brunch

- Hoppy Monk
- Eloise
- Tom's
- Ripe
- D'Lox
- The Green Ingredient
- The Kitchen at 150 Sunset

Best Food Truck

- Tacoholics
- Little Luna Pizza
- Red White & Chew
- Sgt. Cheddar's
- El Paso's Wurst
- Comfort Co. Tasty Eats
- The Organic Taco Machine
- The Groovy Smoothie
- Hot Joe's

Best Asian Food

- Singapore
- Red Lantern
- China House
- Sam's
- Saigon Taste
- Pho Tre Bien
- Tara Thai
- Thai Chef
- Dragonfly
- Sun Garden
- Mirai Grill

Best Sushi

- Sunny's
- Sushi Express
- Samurai
- Dragonfly
- Mirai Grill

Best Indian Dish

- India Palace
- Chut-ney
- RV Int. Grocery Store
- Joe, Vinny, & Bronson's
- Eloise

Best Mediterranean Food

- Nour Med. Cafe
- Sinbad
- Salma Farah's Mediterranean
- Baba Ganoush
- Zino's
- Jerusalem Grill
- Mediterranean Cuisine
- A2Z Cafe
- Pita

Best Falafel

- Zino's
- Hello Day Café
- 5 Points Bistro
- Sabertooth
- A2Z Cafe
- Papa Pita
- Nour

Best Italian

- Nuovo Capetto's
- Italian Kitchen
- Trattoria Bella Sera
- Tosca

Best Coffee Shop/Tea House

- Eloise
- Tippi Teas
- The Tea Spout
- Kinley's Coffee House
- Kinley's Tea House
- Joe, Vinnie, & Bronson's
- 2Ten
- Bldg 6 Roasters
- The Coffee Box
- Hillside Coffee
- Shake & Tea

Best Smoothie/Juice Bar

- The Blend
- The Groovy Smoothie
- T-Coasters
- The Green Ingredient
- Tippi Teas
- Healthy Bite
- Mom's Fresh Juice

Best New Business (Must have opened between Oct 2014 & Oct 2015)

- The Organic Taco Machine
- Hot Joe's
- Mirai Grill
- Dark Horse Tavern
- Nolita Corner Bistro
- Shake & Tea
- Pita
- The Kitchen at 150 Sunset
- A2Z Cafe
- Angry Owl
- Pho Tre Bien Bistro

Best Vegan Friendly Restaurant

- The Green Ingredient
- Eloise
- Hello Day Café
- Tom's
- Sabertooth
- Dragonfly

Write-in categories: Best Vegan Bakery/Dessert & Best Overall Restaurant

SATURDAY, NOVEMBER 14

Annual Compassionate Thanksgiving Dinner The Summit Ballroom & Conference Center 120 N. Festival



- Special Guest Speaker Lisa Levinson, Director of the Sustainable Activist Campaign for the national organization In Defense of Animals and founder of Vegan Spirituality.
- 6 pm meet and greet, eat at 6:30 pm
- Cost: \$22 members; \$15 students w/ID; \$25 nonmembers; \$10 children under 12 years of age.
- Paid reservations are due Tuesday, November 10.
- Reserve your space & pay online with a credit card or PayPal
www.vsep.org OR email vsep.reserve@gmail.com OR call 915-877-3030.
Make check or money orders payable to VSEP & mail to: VSEP, 6757

Lisa Levinson is the Director of the Sustainable Activism Campaign for the national organization In Defense of Animals and founder of Vegan Spirituality. She is a trained movement therapist, museum exhibit designer, and mosaic artist. She uses her therapeutic skills to promote self-care for animal activists. Lisa develops exhibits as a volunteer for the National Museum of Animals and Society. She organizes Vegan Spirituality Meetups and Retreats across the country to explore veganism as a spiritual practice. She co-founded Public Eye: Artists for Animals to teach compassion for animals through the arts.

In her presentation at our Compassionate Thanksgiving Dinner, Lisa will share her reflections on veganism as a spiritual path and the importance connecting with other like-minded souls in community. As Director of In Defense of Animals' Sustainable Activism Campaign, providing emotional and spiritual resources for animal activists, Lisa creates programs that unite fellow vegans and celebrate our cruelty-free lifestyle. She will close with a guided meditation and prayer for the animals.

SATURDAY, DECEMBER 5

Holiday Vegan Potluck @ Richard & Sukie's Home, 6757 Gato Rd.

- 5 pm
- Bring your favorite holiday dish and join us in celebrating another year of compassionate, healthy eating, and protecting our environment. - Hosts will provide non-alcoholic beverages, recyclable plates, utensils, and cups. You may bring your own if you prefer. Please bring your favorite appetizer, main dish, side dish, or dessert, enough for 8.
- Please RSVP by Thursday, December 3 by calling (915) 877-3030 or send an email to vsoep@aol.com
- All food must be VEGAN (see page 6 for guidelines), and please bring a copy of your recipe to place alongside your dish. **NOTE: Don't forget to submit your recipes, cooking tips, substitution ideas and words of wisdom for our Cookbook Project to Sumer (sumer8586@gmail.com) or Lisa (bettyfemme@gmail.com).**

SATURDAY, DECEMBER 12

Happy Hippie Holiday Open House Arts & Crafts Fair Hal Marcus Gallery, 1308 N. Oregon

- 10 am-5 pm
- This annual free, daylong event will include local vendors, appetizers, and live entertainment.
- VSEP will have a booth selling vegan food items, books, literature, and other goodies.
- Handmade goods, such as purses, aprons, jewelry, hats, scarves, stuffed animals, tie-dye, and more will be available for purchase.

VSEP Event Guidelines

Why VSEP Events are Vegan

The Lone Star Vegetarian Network, a loosely-knit group of Texas vegetarian societies, was formed in 1989. There were 4 members that first year: Austin, Houston, San Antonio and South Texas (Brazoria County). There are now 10 groups from around the state. Contact among the groups is important and, while each group maintains full autonomy, it is agreed that all vegetarian events hosted by Network member societies will be vegan (meaning, of course, that no animal products, including dairy and eggs) will be served. Society members are not required to be vegan, but it has been agreed that it is not unreasonable to expect members to enjoy vegan food only at such events.

This rule has occasionally been questioned by lacto-ovo-vegetarians. However, this rule is important for all the very same reasons we don't eat meat. We all know how frustrating it is to have to ask, "Is there lard/meat stock/etc." The decision has been made to allow our growing vegan membership the opportunity not to have to worry about dairy or egg products in the food at Network events. Vegan events are both supportive and educational, and vegetarian organizations need to be on the cutting edge. Thank you for your support!

~ Shirley Wilkes-Johnson,

Co-Founder, LSVN www.lsvn.org

Hopper Rules in a Nutshell:

- Please order only vegan items.
- Please make a reservation by the deadline if you would like to be seated with the group.
- If you make a reservation, please be there and please show up on time.
- If you are reserving on the day of the deadline, or canceling the day of the hopper, please call the hopper coordinator.
- Do not forget to leave an adequate gratuity, we always want to be welcomed back.
- If you are happy with the restaurant, let the restaurant know. If you are not happy, please let the hopper coordinator know.
- Last but not least: Enjoy!!

Hopper Courtesy Reminder

PLEASE call 915-342-7630 by noon the day of the hopper if you have reserved and then cannot make it. The restaurants set up a table for us which leaves less space to accommodate other customers and Saturday is a busy night for most restaurants. Some restaurants even make a special menu for us and order ingredients based on the number of people in the reservation. We need to be sure we do not inconvenience them or any other customers by taking away tables and chairs that are not needed.

Guidelines for Potlucks:

All dishes must be completely vegan – no exceptions. Food must not contain any flesh (fish, fowl or beast), eggs, dairy products or honey. This rule guarantees that everyone can eat everything (allergies & preferences aside).

Please watch out for hidden milk products, such as whey in cookies, crackers, bread and margarine, and casein or caseinate in "non-dairy" soy cheeses and whipped toppings. Some margarines contain gelatin. Also, be alert for eggs in baked goods, mayonnaise in salad dressings, and honey in breads, pastries and preserves.

Please prepare a 4x6 card with: Your name, name of the dish, a list of all the ingredients, and the recipe on the back, indicating where the recipe came from (or if it is original).

- Prepare enough to serve eight (8) people.
- Please bring your own table setting as well as a serving utensil.
- If you don't feel like cooking, you may bring a green salad, chips & salsa, fruit, or another vegan munchie.
- Your host will provide drinks.